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MEN IN PRINT
SUMMER FASHION
TRENDS ARE BRIGHT
AND BOLD {page 19}



**OH LORDY,
LOOK WHO'S 40**
WHAT'S DENISE'S
SECRET? {page 18}



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Thursday, July 7, 2011
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News worth sharing.

Royals buoy Slave Lake

► Wills and Kate spend day off with town's emergency responders and families

After fire and flooding devastated their community, more than 1,000 adoring fans in Slave Lake got the rare chance to catch a brief glimpse of the newlywed Royal couple yesterday.

Prince William and Kate, the Duke and Duchess of Cambridge, made a quick and slightly unplanned stop in the fire-ravaged town to boost the morale of the residents, many of whom lost everything.

"It is such a great beginning of the healing process," said Cathy Redgate, one of the residents whose home burnt to the ground during the May fire.

Redgate and her husband were two of the 50 residents who got a private meet-and-greet with the Royal couple inside the Northern Lakes College gym.

"It will be a very special moment in my life," said Redgate.

Even the people who lined up for hours were thrilled by the couple's brief visit.

"They got me on Cloud 9," said Kristin Miller, 17.

Miller, her parents and her two dogs waited since the early morning for the chance to meet the pair.

Slave Lake Mayor Karina Pillay-Kinnee and Premier Ed Stelmach were among the dignitaries to join the couple as they toured the northern Alberta town.

"(Kate) was interested ... in how people are going to start building their homes and where families are now, how many people have been displaced," the mayor said.

"She was very concerned. She really focused on how are we going to get going on the reconstruction and rebuild. It was an amazing, amazing moment."

Pillay-Kinnee said there was no doubt the visit, which took only a few hours of the couple's time, left a lasting impression.

The newlyweds wrap up their Canadian tour in Calgary this week-end.

● CANDICE WARD
WITH FILES FROM THE CANADIAN PRESS



► Prince William and his wife, Kate, visit residents of fire-ravaged Slave Lake yesterday.

CANDICE WARD/FOR METRO

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Second murder charge laid

Two Stony Plain men now face murder charges in the death of a Spruce Grove man.

Dean Duane Deford, 41, is charged with first-degree murder and accessory after the fact in the death of Martin Daniel Francis Belanger, 24, RCMP said.

Christopher John Elder, 35, was previously charged with first-degree murder in the death of Belanger, who disappeared in May 2009.

Belanger's remains were found near Stony Plain this June. His burned truck was found in Tomahawk, Alta., three months after he disappeared.

Deford is scheduled to appear in court July 20.

● METRO

Increase in transit fines approved

Fines for misbehaving on transit will go up Aug. 1.

City council voted yesterday to boost fines for nearly all of the 33 transit offences to \$250, up from current amounts of \$50 and \$110.

Transportation officials said hiking the fines, which hadn't been adjusted since 1998, is expected to bring in an additional \$750,000 in revenue annually.

Last year there were about 6,500 tickets issued, mostly for fare evasion.

Other fines can be issued for actions such as eating, putting feet on the seats and the misuse of a bicycle. ● METRO



► Det. Serge Soucy of EPS talks to reporters at police headquarters about a series of downtown sex assaults on women. Inset photo shows surveillance footage of a male suspect wanted in connection with the case.

Suspect sought in series of downtown sex assaults

► All incidents reported between 102 and 107 streets and Jasper Avenue and 104 Avenue ► Attacker targeted female victims over past week



SHELLEY WILLIAMSON
@METRONEWS.CA

If you or someone you know was touched inappropriately in the downtown recently, police want to talk to you.

The Edmonton Police Service is seeking the public's help in finding a man they believe is responsible for nine downtown sex assaults since June 28.

Police say the brazen nature of the alleged assaults — in broad daylight — is

particularly disturbing.

"Clearly it's concerning to the police ... but the more concerning piece is there is a series," said acting Det. Serge Soucy.

The last reported incident occurred Tuesday morning at 11:30 a.m.

Police said most of the female complainants, who are between the ages of 18 and 46, reported being approached from behind and touched inappropriately.

Soucy warned there

Suspect description

- The suspect is described as an aboriginal male between five feet eight and six feet tall with short, unkempt hair.
- In some incidents, the male suspect wore a black base-

ball cap with a white logo and a black backpack.

- Police ask that anyone who may have seen the suspect in the alleged assaults or experienced something similar to call EPS at 780-423-4567 or Crime Stoppers at 1-800-222-TIPS.

may be more victims out there.

"Oftentimes, victims may not feel they are victims themselves until this kind of information gets out in the media to them,"

said Soucy. "And then they might realize that something that happened to them two days or a week ago, which was similar to this ... made them, in fact, a victim."

1

news


Celebrities, royals, murder and terror victims: Almost nobody safe in widening U.K. hacking scandal. Scan code for story.

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STREET PERFORMERS

More magic hitting Churchill Square

Sword swallowers, acrobats and jugglers are getting ready to fill downtown Edmonton when the International Street Performers festival kicks off tomorrow.

The festival will boast over 1,500 performances from local and international artists starting daily at 11:30 a.m. on Winston Churchill Square.

Every day will end with a troupe du jour variety show at 10 p.m.

Workshops will let visitors try out their busking talents with the Etch-a-Sketch-Guy, the Silly People and Rhythm Speaks. ● METRO

Alleged grow-op dismantled

RCMP laid charges against Alin Stefan Hayes, 24, after searching a home allegedly used to grow marijuana plants on Highway 21, north of Highway 625, on June 26. They were first called to clear the home after a gas leak was detected nearby, police said. ● METRO

RCMP raid bawdy house

Two Edmonton women face charges after Leduc RCMP completed an investigation June 28 of anonymous complaints regarding a variety of sexual services allegedly being offered for money at a massage parlour at the Nisku Truck Stop. ● METRO

Inking Avatar dedication

HEATHER MCINTYRE/METRO

▶ Edmonton man has 10 tattoos of Avatar character Neytiri on his back

HEATHER MCINTYRE
@METRONEWS.CA

Avatar was a phenomenon when it was released — and something about it stuck with Edmonton resident Raymond Knowles perhaps more than other movie-gosers.

The 43-year-old carpenter has 10 tattoos on his back of Neytiri, the main female Na'vi, and is getting work done on another.

"(I'm) getting Neytiri's skin colour on my butt and up each side," he said.

Next he plans to get a Toruk on his chest (the big, red bird-like creature from the film), then more Neytiri ink on his stomach and sides.

The first was done two months after the movie was

More than tattoos

▶ Raymond Knowles' dedication goes beyond his body — he has hundreds of Avatar memorabilia and has also covered his truck in decals.

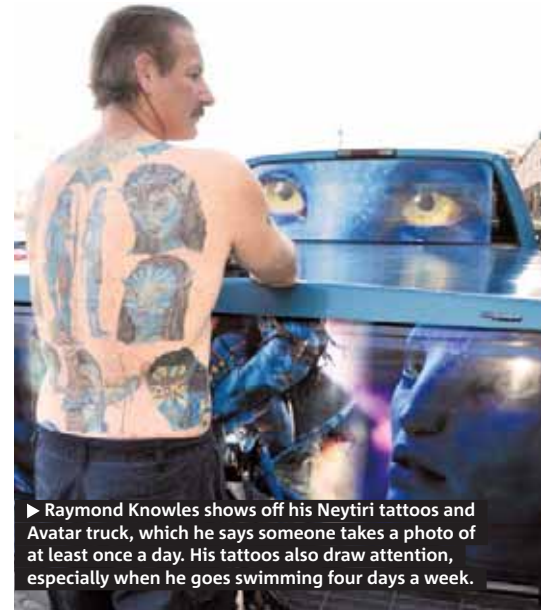
▶ He saw Avatar 20 times in IMAX and three times in the regular movie theatre — and more times at home than he can count.

release in December 2009.

"Her character seemed to stand out and hit a nerve," said Knowles.

Knowles said his wife Cheryl, with whom he has a daughter, didn't like the first tattoo but warmed up to it afterward.

"They say there's a fine line between obsession and passion," Knowles said of



▶ Raymond Knowles shows off his Neytiri tattoos and Avatar truck, which he says someone takes a photo of at least once a day. His tattoos also draw attention, especially when he goes swimming four days a week.

reaction from family, friends and strangers. "I guess this is a little bit over-

board.

"(But) I'm not even halfway done yet. I love it."

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News in brief

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▶ Shelaina Anderson

Edmonton dancer cracks top 22 in TV competition

An Edmonton dancer who withdrew from So You Think You Can Dance Canada last year has made the top 22 this season.

Shelaina Anderson, 20, is a contemporary dancer, trained in jazz, lyrical, tap, ballet, pointe, modern, theatre, ballroom and hip-hop. Anderson and the other 21 will show off their moves Monday at 8 p.m. on CTV. ● METRO

Guzoo running again, for now

The embattled Guzoo is open for business, for now. The roadside attraction near Three Hills welcomed visitors Tuesday for the first time since being closed by the province on June 1.

Dave Ealey of Sustainable Resource Development said the decommissioning was stayed because owner Lynn Gustafson agreed to certain conditions, pending a review of the provincial shutdown. ● METRO

Police probing woman's death

Edmonton RCMP's major crimes unit is involved in an investigation of a suspicious death in Fort Saskatchewan Tuesday evening.

RCMP responded to a residence for a shooting complaint near Highway 16 and Range Road 184 at about 7:30 p.m., to find an adult female deceased on scene. An adult male is in custody, police said. ● METRO

Leduc man finds golden Caramilk key

One of 10 golden keys hidden inside Caramilk bars across Canada as part of the Caramilk Key to the Secret contest (how they get the soft, flowing caramel inside the bar) was discovered in Leduc on June 26.

In September, Chris B. will head to the Cadbury Chocolate Factory in Toronto and receive \$125,000 if he unlocks the secret. He will receive another \$125,000 six months later if he keeps the secret. ● METRO

40

The Caramilk secret has been tightly guarded for more than 40 years.



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Families trek for days to find food

► Worst drought in 60 years threatens millions in East Africa

Thousands of families are walking for days in search of food in a triangle of hunger where the borders of Ethiopia, Kenya and Somalia meet.

Hundreds already have died in a widespread drought. Images of children with skinny, malnourished bodies are common.

A devastating lack of rain has reduced livestock, incomes and food supplies.

Livestock are dying by the thousands, and food prices have risen beyond what families can afford.

Hawo Ibrahim said she and her seven children trekked for 15 days from a town in southern Somalia before reaching a refugee camp in Kenya.

"We have seen misery and hunger on our way," said Ibrahim, 32, who said her husband went mad after the family lost its livestock to drought.

Hunger triangle

► The epicentre of the drought lies on the three-way border shared by Kenya, Ethiopia and Somalia, a nomadic region where families heavily depend on the health of their livestock.

► Somalis desperate for food are overrunning the world's largest refugee camp in neighbouring Kenya, which is seeing some 10,000 new arrivals each week.

► Many Somali children are arriving at refugee camps so weak that they are dying within 24 hours despite emergency care and feeding, a United Nations worker said.

"The most painful thing was when you don't get anything for your thirsty and hungry children."

THE ASSOCIATED PRESS



► Children from southern Somalia wait to go to refugee camps in Mogadishu. A looming catastrophe faces millions amid a severe drought.

'This isn't your grandma's royal visit'

Royal observers say Prince William and Kate are not only rekindling Canada's love affair with the monarchy. They're impressing the world.

Nearly every aspect of their travels has been broadcast globally.

The tour has dominated newscasts across the United Kingdom, a marked departure from previous royal visits, which "are lucky to get 30 seconds on the evening news," said royal observer and historian Rafal Heydel-Mankoo.

Younger Canadians, also seem to have been won over by the royals, said Matthew Rowe of the Monarchist League of Canada.

Younger Canadians, also seem to have been won over by the royals, said Matthew Rowe of the Monarchist League of Canada.



► William and Kate in Slave Lake, Alta., yesterday. They met families who lost everything in a wildfire.

Dragon boat races and barbecues have helped boost the couple's popularity among young people, said Rowe.

"This isn't your grandma's royal visit," he said.

"It's not ship christenings and ribbon cuttings.

"They're doing really fun and interesting activities." THE CANADIAN PRESS

By design?

► A design from Canadian label Smythe is getting a repeat wear from Kate.

► Kate was spotted yesterday wearing the one-button navy blazer from the Toronto-based label of Andrea Lenczner and Christie Smythe.

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Pooch has dog-gone incredible journey

► Black Lab travelled thousands of kilometres from Montreal to B.C. ► Tracking chip led to owners

A Montreal pooch who disappeared last year has miraculously turned up some 4,500 kilometres away in Kamloops, B.C.

The black Labrador named Pollux detests the rain, yet she took an adventurous turn upon fleeing through a gate mistakenly left open at her Montreal home last June 20.

Her owner, Isabelle Robitaille, said the family had searched high and low and given up hope they'd ever find the dog they had adopted from the SPCA in 2005.

Then last week, on Canada Day, they received a shocking phone call from the SPCA in Kam-



► Pollux was missing for a year.

loops: A dog with a tracking chip containing her information had been found in B.C.

Photos sent by the shelter confirmed it, Robitaille said. Pollux was alive and

well although a bit leaner than before. "They told me she was in excellent condition," Robitaille said.

But just how she got to B.C. remains a mystery.

On the day she disappeared from the family backyard, it had been raining, so Robitaille suspects she might have hopped into a freight train to avoid the rain.

Getting home won't be nearly as big an ordeal: Pollux will be flying home courtesy of SPCA International, which will foot the bill.

"She's going to be nine this summer so she's going to be home for her birthday," Robitaille said.

THE CANADIAN PRESS

Games. 2018



► South Koreans celebrate yesterday after Pyeongchang won the right to host the 2018 Winter Olympics. The city had been unsuccessful in two previous attempts to win the Games.

AHNHYOUNG-JOON/THE ASSOCIATED PRESS

South Korea to host Olympics

U.S. fears implanted bombs

The U.S. government has warned domestic and international airlines that some terrorists are considering surgically implanting explosives into humans to carry out attacks, The Associated Press has

learned.

There is no intelligence pointing to a specific plot, but the U.S. shared its concerns last week with executives at domestic and international carriers.

People travelling to the

U.S. from overseas may experience additional screening at airports because of the threat, according to the Transportation Security Administration.

THE ASSOCIATED PRESS

ROSS D. FRANKLIN/THE ASSOCIATED PRESS



► Jonathan Murguia, manager at a Phoenix car dealership, cleans up after a huge dust storm that hit the city Tuesday evening.

Massive wall of dust covers Phoenix

The air around the Phoenix area was a hazy shade of brown and a layer of dirt coated cars and buildings yesterday following a massive dust storm the night before.

The huge dust wall that crossed the Metro Phoenix area Tuesday night drastically reduced visibility, halting all flights coming in and out of Phoenix Sky Harbor Airport until conditions improved.

Winds ripped up trees, tossed around lawn furniture and caused hazardous driving conditions.

The storm knocked out power to about 9,400 Salt River Project electric customers, the Arizona Republic reported.

The dust cloud that moved across the Phoenix valley had formed in an afternoon storm in the Tucson area, and then rolled north across the desert before sweeping

over the city like an enormous wave, said National Weather Service meteorologist Paul Iniguez.

Radar data showed the storm's towering dust wall had reached as high as 3,000 metres, he said.

"This was pretty significant," Iniguez told The Associated Press. "We heard from a lot of people who lived here for a number of storms and this was the worst they'd seen."

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Twitter town hall draws thousands

- U.S. president is the first to use Twitter for town hall
- Obama defends his record on jobs and economy

U.S. President Barack Obama answered questions from Twitter users in a town hall meeting yesterday that focused on jobs and the economy.

White House officials say Obama sees social media as a way to interact with Americans directly, particularly the younger electorate.

Twitter selected the questions for the president from among tens of thousands of inquiries submitted. The first question asked Obama what mistakes he had made in handling the recession and what he would do differently.

Obama defended his stimulus program as "the right thing to do." But he allowed that his adminis-

Skew you

Among the inquiries to U.S. President Barack Obama was one from Speaker John Boehner, Republican leader of the House of Representatives.

- "Where are the jobs?" Boehner asked.
- "This is a slightly skewed question," Obama replied.
- Obama went on to note that the U.S. economy is, in fact, creating jobs, though at a slow pace. He said there is more the government could do to boost the economy, but he hasn't always been able to get Republican support.

tration had underestimat-

ed the severity of the recession, and so he did not prepare the American people "for how long this was going to take." Obama also said the problems in the housing market were more stubborn than expected and he'd had to re-vamp his housing-assistance programs several times.

Twitter users had to keep their questions to the networking site's 140-character limit. But Obama had no such restrictions. He answered in his trademark lengthy form to questions on college costs, immigration, collective bargaining rights, the debt limit, manufacturing jobs, the housing crisis and other topics. **THE ASSOCIATED PRESS**



► U.S. President Barack Obama sits with Twitter co-founder Jack Dorsey as he answers questions during a Twitter town hall yesterday in the East Room of the White House in Washington.

Tar-ponds class action given green light

A woman leading a case against the federal and provincial governments over Cape Breton's notorious tar ponds says her seven-year fight to have it approved as a class-action lawsuit has finally paid off.

Anne Ross praised a decision by a Nova Scotia Supreme Court judge yesterday that gives the green light to a legal action launched after decades of contaminants spewed from the former Sydney Steel Corp. plant.

"It's wonderful," she said from Sydney, N.S., where she has lived in the same home for 51 years. "I'm ecstatic over it. It took a long time ... but it's well worth the wait."

Ross, who launched the suit with three other life-long residents of the area, is seeking compensation for property damage, exposure to industrial toxins and funds to establish a medical monitoring program.

Justice John Murphy said the lawsuit will include two groups: Current homeowners in Whitney Pier, Ashby and the north end of Sydney, as well as people who

lived in the neighbourhoods for at least seven years between 1967 and 2000, when the plant was in operation.

The neighbourhoods border on the site of the former steel plant, coke ovens and tar ponds — an estuary full of contaminated runoff and sludge from the ovens.

Ray Wagner, who represents the plaintiffs, said the suit could include up to 20,000 people.

THE CANADIAN PRESS





High loonie helps sour domestic wine market

Canada's wine industry has far outpaced overall growth in the beverage sector over the past decade, but is still losing market share at home and abroad, says a report from BMO Capital Markets Economics.

Canadian wine production has grown by 7.6 per cent a year since 1998, compared with just one per cent for the overall beverage sector. But BMO says the market share for Canadian wineries slipped to about one-third of the domestic market in 2010 in the face of intense pressure from imports and the strong loonie.

THE CANADIAN PRESS

Market moment

TSX	Dollar
	
- 22.2 (13,403.1)	- 0.26¢ (103.56¢ US)
Oil	Natural gas
	
- 24¢ (\$96.95 US)	1,000 cu ft \$4.311 US (- 6¢) Gold contract \$1,529.20 US (+ 16.50)

40%

The U.S. is the largest foreign market for Canadian wines. It took more than 40 per cent of exports in 2010, followed by China with about 20 per cent.



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NOT A MAN FOR ALL SEASONS

HE SAYS ...

JOHN MAZEROLLE
METRO



There are two types of people in this world: People who like summer, and me.

After much consideration, I have decided to side with me.

Summer has its perks, sure — a box of Junior Mints left in the car transforms magically into one giant Junior Mint — but it's still the most overrated season. Its default No. 1 position bugs me: Summer gets celebrated simply for arriving on the scene, the Miami Heat of Mother

Nature.

Well, I'm here to speak truth to power: Summer is, at best, tied with winter for last place. So much of summer's warm reputation doesn't hold up in the cold light of day.

Take summer vacation, that idyllic childhood window filled with bee stings, bike crashes and, if you went with the full package, broken bones.

"Even summer's most cited perk, the weather, is not all it's cracked up to be. On any given day there is bound to be a smog alert, a humidex warning, a UV warning ..."

These are the best days of our lives?

The backyard playground alone was a death trap: A hard plastic swing, apparently coated with Pam, that caused every child to slip toward the ground face-first with the force of a robin into a bay window. This resulted in the official childhood Five-Alarm Cry: Stunned silence/siren wail/more silence/remembering to breathe/more wailing.

The slippery swing seat is baffling in retrospect, because the slide attached on the side was so non-

slippery that nothing could go down it, including marbles. Kids didn't slide down it, so much as shimmy. Water might have gone down it, except the slide was made of metal and often got so hot that it would start emitting X-rays. "It's nice out, so don't play on the slide!" was a common parental warning.

Of course, now that I'm an adult I can see there's more to summer than just potential injuries — there's also potential death.

Between beach riptides, exploding barbecues and wildlife attacks, there is hardly a chance to contract West Nile.

Even summer's most cited perk, the weather, is not all it's cracked up to be. On any given day there is bound to be a smog alert, a humidex warning, a UV warning, a severe-thunderstorm watch, a tornado warning, a watch-for-warnings watch, a stolen-watch warning or a "special weather statement" that warns of some weather pattern you've never heard of before, like a "Manure Storm" or "Smulch."

All things considered, it's better to hibernate until winter. I recommend a stockpile of Junior Mints to see you through.

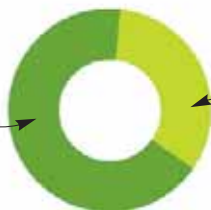
Read more of John Mazerolle's columns at metronews.ca/hesays



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Worth mentioning

LOS ANGELES. It began as a bright white dot in Saturn's northern hemisphere. Within days, the dot grew larger and stormier.

Soon, the tempest enveloped the ringed planet, triggering lightning flashes thousands of times more intense than on Earth.

The international Cassini spacecraft and ground telescopes have been tracking the turbulence since last December, visible from Earth as a type of storm known as a "Great White Spot."

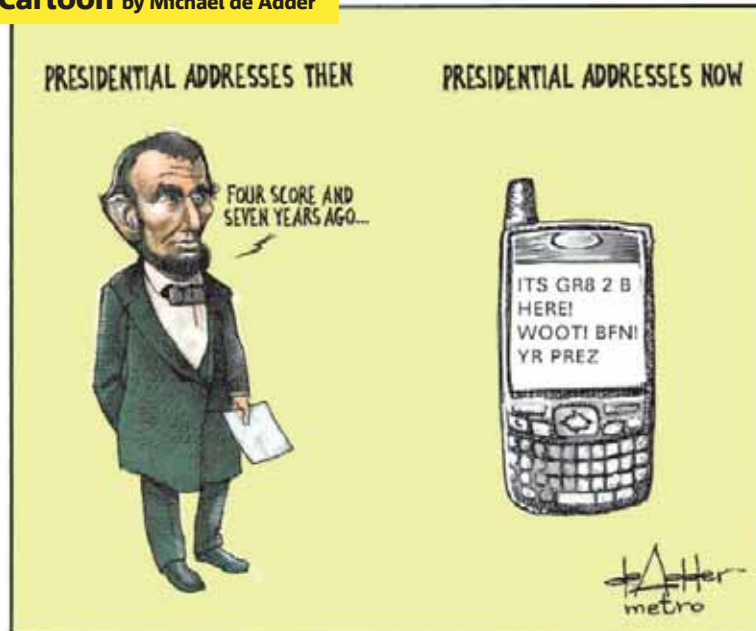
"It's still going like crazy," said Cassini project scientist Linda Spilker of the NASA Jet Propulsion Laboratory.

Such planet-wide weather disturbances are rare on Saturn, where the atmosphere is typically hazy and calm. Since 1876, astronomers have observed only five other megastorms on Saturn.

At the height of the storm, Cassini detected 10 lightning strikes per second. Scientists said the electrical activity emitted by the bursts were 10,000 times stronger than lightning on Earth.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Now you see it, now you don't

Police are on the hunt for a man who walked into a San Francisco art gallery, grabbed a valuable pencil drawing by Pablo Picasso off the wall and then fled in a waiting taxicab.

Police said Tuesday the drawing, worth hundreds of thousands of dollars, was taken from the Weinstein Gallery near Union

Square.

The gallery said Picasso created the one-of-a-kind drawing titled *Tete de Femme* in 1965.

Officer Albie Esparza told the San Francisco Chronicle that police hope a member of the public might recognize the piece if someone attempts to sell it.

Other artists whose works are still on display at the gallery include Marc Chagall, Salvador Dali and Joan Miro.

Police described the suspect as a man in his 30s wearing loafers and dark glasses.

THE ASSOCIATED PRESS



Magic in the air with Streetfest

► One of the festival's featured performers speaks with Metro about it all

BACKSTAGE PASS

JENNIFER LARAWAY
METRO EDMONTON



"Shall I answer as Magic Brian or my character?"

That's the response I got when requesting an interview with one of Edmonton's featured street performers and I have to admit, I was a bit dumbfounded. But, as Magic Brian walked me through the process of preparing for one of his biggest appearances of the year, I started to understand why he responded that way. As entertaining as they are, street performers take their craft very se-



BOTTOMLINE PRODUCTIONS

► Magic Brian.

he started traveling with a sideshow called The Bindlestiff Family Cirkus. From there, he took elements of his stage performance and started creating his street routine. He's been all over North America, but Edmonton remains one of his favourite stops.

"Edmonton has some of the best, most educated and supportive audiences," he says.

To prepare for the July 8 - 17 festival, Magic Brian has a unique routine to say the least.

"12 hours of meditation then a lot of screaming, followed by a bowl of Fruity Pebbles and a glass of orange juice. Sometimes I stretch," says the performer who has also found inspiration from his fridge and under a rock.

Needless to say, his quirkiness and energy are infectious. You can check Magic Brian along with dozens of other performers out (including a contortionist) in Sir Winston Churchill Square. Performances run 11:30am - 11pm daily (except Sunday, July 17 - the festival concludes at 5pm). For more information, visit edmontonstreetfest.com.

"I started street performing in 2001. It just felt right. I do enjoy the rawness of the street and the fact that it's for everyone, young and old, rich and poor, tall and short, bearded or clean shaven."

ously. "This is what I do for a living," Magic Brian, who performs as Nigel Blackstorm The Heavy Metal Magician, tells me when I ask if he has to supplement his income from street performing with a regular 9-5.

That living is based largely on the generosity of audience donations.

Event details

- **Nickname.** Edmonton International Street Performers Festival is nicknamed StreetFest.
- **Selection.** StreetFest is a curated festival meaning artists appear by invitation only.
- **Success.** The festival is now in its 27th year.



Aussie Aussie Aussie!

We knew Big Valley was famous but who knew bands were chomping at the bit to travel half-way across the world to be part of it?

Jetty Road, one of Australia's hottest bands has done exactly that. Fast forward nearly 24 hours of traveling and they are ready to rock Big Valley on Friday, July 29.

"For the past three years, Australia's 'Country Group of the Year' has called Canada its second home," says Lisa Saunders, publicist for the group. S

he, along with Chris Melnychuk of Big Valley Jamboree were instrumental in making this appearance happen, which has the group very happy.

"We love Canada!" exclaims Jetty Road lead singer, Paula Bowman. "We are so grateful to all our fans, Canadian country radio and everyone who has supported us in Canada."

You can catch them live at this year's Big Valley Jamboree. Tickets range from \$80/daily to \$165 for a three-day package. All the details are on bigvalleyjamboree.com.

● JENNIFER LARAWAY

2 scene

Anthem



Jordin Sparks sang for President Barack Obama this week, and now she'll perform it for baseball fans. The American Idol champ will sing the Star-Spangled Banner on July 12 at Major League Baseball's 82nd All-Star game.

THE ASSOCIATED PRESS



Woody Allen, set to film movie in Rome, meets with city mayor

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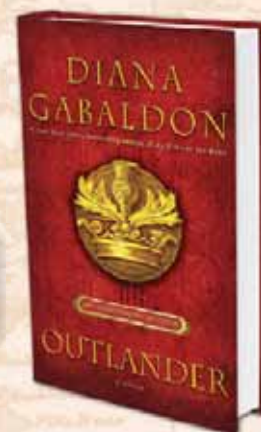
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► **Fleet Foxes lead singer Robin Pecknold talks about the band's follow-up album, Helplessness Blues**



PAT HEALY
SCENE@METRONWS.CA

Fleet Foxes singer Robin Pecknold has made no secret of his struggles to overcome the dreaded "sophomore slump."

After the folkie Seattle combo reached critical acclaim with their self-titled debut in 2008, it seemed that topping that effort would be difficult.

But with *Helplessness Blues*, it seems they have topped themselves. The songs are confident, richly acoustic and full of the energetic introspection that seems to hit artists hardest in their 20s. (Everyone from Rumer to Zach Galifianakis is into the new album.)

Pecknold has said the reason that it took so long to write and record their follow-up was his picky nature, which even led to him scrapping recordings the band had reportedly spent several thousands of dollars on. But it has paid off.

How does it feel to finally take these songs from the incubation process of writing and recording to audiences?

It's been good to have the chance to sort of make the songs more physical and less cerebral. You can play louder or have it sound huge without feeling like the sound is too big and without the kind of hemming and hawing about what you're doing in the studio. So that's been

good. It's not like we had the songs all worked out live before we recorded, so this has kind of been our first chance to get to know them in some ways.

Were there any challenges in making that jump?

We had to rehearse for almost a month just to get all the parts down and all the chord changes. So that took a while, but it was fun to do as well.

What's been the biggest surprise as far as crowd response?

There's been a few. It really just depends on the crowd. We open the show with the instrumental from the album. It's kind of funny that people are



► Fleet Foxes

like, "Yeah!" for this little, small instrumental song. And there's this one line in one of the new songs where I really push my voice, and after that line in *The Shrine* people are always like, "Yeah!"

There are a lot of fruits blossoming within the lyrics of these songs. One goes, "If I had an orchard...."

My grandpa was an orchardist in Wenatchee, which is in Washington. It's a big apple-growing region. There's an apple and orchard iconography up at the cabin. He's passed away now, but me and my brother Sean just go up there and work on stuff together, and there's a lot of stuff up there that's apple-related and there's Yeats

poems on the walls. I feel like that's probably where a little bit of it came from. The orchard thing is not literal at all, or wasn't meant to be. I didn't even think it would be taken literally. I mean, I probably could have done a better job, but it was sort of a personal version of *If I Had a Hammer*, like that sort of meaning.

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Movie reviews

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► Conan O'Brien

Screenings

Conan O'Brien Can't Stop will screen in select Cineplex theatres on July 7. It can then be seen on July 8 in Toronto, Calgary and Vancouver, and on Aug. 12 in Edmonton. A string of

screenings over the course of several days are scheduled in Ottawa.

- Cineplex Odeon South Edmonton Cinemas, 1525-99th St. NW
- Scotiabank Theatre Edmonton, 8882-170 St.

Conan O'Brien coming to a theatre near you

Conan O'Brien Can't Stop
Genre: Documentary
Director: Rodman Flender
Stars: Conan O'Brien, Andy Richter, Stephen Colbert
🍿🍿🍿

This documentary about O'Brien's 32-city pity tour

after being turfed as host of The Tonight Show could more rightly be called Multi Millionaires Just Wanna Have Fun.

The flame-haired host repeatedly says he took his act on the road to have fun, but why doesn't he

look like he's having any?

Wedge between rehearsal, onstage and candid backstage footage is a portrait of a wounded man struggling with a grave personal and professional disappointment.

It's like watching some-

one go through a bad breakup for 90 minutes, with musical numbers and the odd joke.

This documentary is for all showbiz aficionados but primarily for Coco completists.

● RICHARD CROUSE

A monstrous box-office hit



► Transformers: Dark of the Moon

Director Michael Bay's third installment in the Transformers franchise proved to be a monstrous international hit this week, taking in a whopping \$210 million and in the process posting the biggest opening of all-time in seven countries, lead by Korea with \$28 million.

In its first six and a half days, Dark of the Moon from Paramount became a global sensation, earning nearly \$400 million with 60 per cent of the North American and 70 per cent of the international business generated by 3-D showings.

IMAX set its own global record with Transformers

3 as well, with \$23.1 million in global sales since the film's launch.

In a distant second place is the Walt Disney release of Cars 2, also in 3-D, with \$22.1 million in its second weekend.

The latest film from the hugely successful Pixar Animation Studio has a global cumulative gross approaching \$200 million and is finding favour in the international marketplace with family audiences who can relate to its internationally themed storyline.

Rounding out this international 3-D triple-play is Kung Fu Panda 2 in third place with \$19 million.

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Jagger gets SuperHeavy

► Rolling Stones frontman collaborates with four other artists to create eclectic, 'unclassifiable' sound

Mick Jagger isn't sure where his latest musical creation will end up on iTunes.

The Rolling Stones rocker has teamed up with Eurhythmics co-founder Dave Stewart, reggae maestro

Damian Marley, soul songstress Joss Stone and Slumdog Millionaire composer A.R. Rahman for SuperHeavy, a new group fusing their different styles on an as-yet untitled album set for release Sept.

20 in the United States, and a day before in the rest of the world.

"What bit of iTunes genres does it go on? The unknowable? Isn't there an unknown section?" Jagger joked during a preview

event last week at Jim Henson Studios, where the group recorded some of their eclectic music.

Stewart called the collaboration wide-ranging. The recording process began in Hollywood with the

entire group, but they also recorded separately. Other recordings took place in Florida, France, Greece, Turkey, India and the Caribbean.

Stewart said the group recorded about 35 hours of

music with some songs originally lasting "an hour and 10 minutes" before they were whittled down.

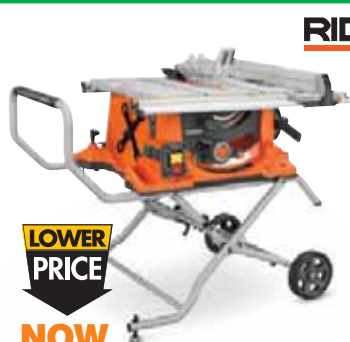
One of seven tracks teased Thursday included Miracle Worker, the first single off the album,



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A song for the troops

After penning the patriotic ode Highway of Heroes, Bob Reid had the opportunity to travel to war-torn Kandahar and witness the efforts of Canadian soldiers first-hand.

The experience inspired him and only deepened his appreciation of the sacrifice of the Canadian troops. So as most of those men and women now prepare to return home with the Canadian war effort winding to a close, Reid wanted to do his part to ensure they were greeted

with a hearty reception.

"(At) the end of the Second World War, there were ticker tape parades in the streets for returning soldiers," Reid said.

"It's a different world now and obviously this was a different kind of conflict. But still, I just thought it would be a shame if the mission ended, they came home after all of that sacrifice, and there wasn't any kind of recognition."

That's what prompted Reid to write his new song,

Soldier, Welcome Home, now available on iTunes and as a CD single. A portion of proceeds is being directed to the Wounded Warriors charity.

It was back in November 2009 when Reid released Highway of Heroes. The 47-year-old had long held an interest in music, but only as a hobby — he had never made a professional-calibre record before.

He was stunned by the response to his humble tune, which lingered for

months on the Nielsen SoundScan singles chart.

It also prompted an invitation to perform in Afghanistan for NATO forces — some of whom were already familiar with the track.

"They really appreciated the fact that someone would make a gesture like that, would put feelings of respect and pride and also sadness for fallen soldiers into a song," said Reid, before emphatically pointing out that he's far from the only songwriter to do so.



► From left, reggae maestro Damian Marley, Eurythmics co-founder Dave Stewart, Rolling Stones rocker Mick Jagger, composer A.R. Rahman and singer Joss Stone of SuperHeavy.

which features the vocalists crooning: "Ooh, you're a miracle worker/Ooh, you're the surgeon of love."

The group filmed a music video last Wednesday for the mid-tempo track, which like most of the music previewed, combined rock, soul, reggae and world music.

"Working with four other vocalists was interesting to me," said Jagger. "I've never actually done it before. Normally I have to do everything, which I'm

quite happy to do. Don't worry. It was kind of fun because when we had to finish it off, I realized we all had a part to play."

Jagger said the group would wait for reaction to the album before deciding if the supergroup will go on tour.

"We'll probably end up playing in the unclassified gig section," Stewart quipped.

"Yeah, in a tent at Glas-tonbury with the unclassifiable acts," Jagger added.

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Reid was particularly impressed by witnessing the process of rebuilding Afghanistan. He saw Canadians building new schools, working to eradicate polio and rehabilitating the irrigation and water-supply systems so vital to the country's agricultural development.

"It was just a life-changing experience," Reid said.

"After seeing first-hand the work that the men and women were doing, I was really struck by that and so impressed by everyone

that I met."

Reid's song is meant to honour the sacrifices made by Canadians overseas and celebrate their return.

"Though a half a world away, we were behind you every day/ And with grateful hearts, we're so glad to say/ Soldier, welcome home," Reid sings in the swaying song's chorus.

Tuesday marked the end of Canada's war, as Canuck troops formally handed the battlefield over to American units.

And Reid, for one, was

elated to see that happen.

"I'm so glad to see them coming out of harm's way and knowing that they're heading back home to Canada and back to their families again," he said.

As far as Reid's hopes for his song? Well, he has a day job as a communications consultant with Veritas Communications and doesn't seem interested in pursuing a career in music (he says it's unlikely he ever tries to put together a full album).

THE CANADIAN PRESS



► Songwriter Bob Reid

THE CANADIAN PRESS/DARREN CALABRESE

Anthony offered adult-film job

► Controversial mother given chance to make 'transition'

We're going to hell for re-reporting this, but you're going to hell for reading it, so see you there. Hours after Casey Anthony, the Florida mother accused of murdering her two-year-old daughter, was found not guilty (in a controversial verdict), Steve Hirsch, the head of porn company Vivid Entertainment, called to offer her a job, reports TMZ.

"Whether you agree with the verdict or not, Casey will want to move forward with her life and has a right to make a living. It's not going to be easy for her and we believe we can help her make the transition into a new life," he told the site. Pure class.

● METRO



► Casey Anthony

RED HUBER/THE ASSOCIATED PRESS

Domestic violence charge dropped against Lohan's dad



► Michael Lohan

Prosecutors have dropped a misdemeanour domestic violence charge against Lindsay Lohan's father after his ex-girlfriend failed to show up at trial.

District attorney's spokeswoman Sandi Gibbons said Tuesday the office will no longer pursue the case against Michael Lohan after his ex-girlfriend, Kate Major, could not be located.

The elder Lohan was arrested in March and has pleaded not guilty to misdemeanour domestic violence battery.

A trial was scheduled to begin Tuesday, but Gibbons said it could not proceed without Major's co-operation.

Michael Lohan's attorney, Dana Cole, says he worked out an agreement with Major so she wouldn't testify.

Cole says Major wasn't paid anything, and she declined to co-operate because she did not want a court spectacle.

THE ASSOCIATED PRESS

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► Denise Richards

FRAZER HARRISON/GETTY IMAGES

Denise Richards keeping fit at 40

Denise Richards is 40 years old, which is surprising because she acts 20 years younger.

Her secret to staying slim? "I am very active," she tells Self.com.

"I found what works for my body — everyone's body is different and I think it's best to find what works for you. For me it's

Pilates and dance. My diet is 80 per cent vegetarian and I eat all day long. I have lots of little meals; it's best for me.

"My abs get the best workout with my Pilates reformer — I had two C-sections and it was the only thing I found that got my tummy flat."

● METRO

Lady A's leading lady gets engaged

Lady Antebellum's Hillary Scott is engaged.

The 25-year-old singer's boyfriend, Chris Tyrell, popped the question over the Fourth of July weekend at a family getaway in East Tennessee.

Scott and the 24-year-old drummer met while touring with Tim McGraw in early 2010. People first reported the en-

gagement Tuesday.

Scott is the second member of Lady A to end her single ways. Charles Kelley is married, leaving Dave Haywood as the lone available member of the Grammy-winning trio.

Lady A turned in the top-selling country album of 2010 with Need You Now and is preparing to release its follow-up, Own The Night, due out Sept. 13.

THE ASSOCIATED PRESS



Hillary Scott

Celebrity tweets



@KimKardashian

WHAT!!!!!! CASEY ANTHONY NOT GUILTY!!!! I'm speechless!!!! Reading the comments here & its nuts people think just bc I was close to the OJ trial I can't have my own opinion on the Casey Anthony case?



@kaleycuoco

Nice justice system. I can't breathe. I can't think. I'm sick. God help us.



@TheRealRoseanne

miscarriage of justice ... our system is broken and it sucks — death penalty should be removed — that's why she got off ... victory for all child murderers! ... casey - you were so smart to hide the body in the swamp! You got away with killing your baby!



@biggsjason

I guess the glove didn't fit.



@rainnwillson

Dear Florida, THANK YOU for freeing Casey! She's now available for partying and babysitting!

► The message from Milan and Paris for spring/summer 2012 is to lighten up and get in the swing of things ('60s style) ► Here's our breakdown of what was trending on the catwalks for the latest round of men's shows

Men on spring/summer trends



RICHARD PECKETT
METRO WORLD NEWS

Brights, prints and all things loud

If you're not one for colour, you'd best learn to love it as it's going to be all over the place come next spring. Burberry showed ikat prints, raffia bobble hats and cork-soled, woven moccasin shoes. A possible answer to Prada's insanely popular platform shoe? Maybe. Givenchy had obviously read the print memo too. The house rolled with Hawaiian surfer chic. That means lush, tropical prints and yes, skirts.



▲ Versace
► Burberry



▲ McQueen
► Gucci



▲ Dolce & Gabbana
► Giorgio Armani



▲ Vivienne Westwood
► Calvin Klein

That '60s vibe

Get ready to start buying slimmer suits. It was back to the swinging '60s with designers taking inspiration from Carnaby Street and a young Michael Caine. Alexander McQueen went all Savile row meets rock 'n' roll with pyjama-style striped pants, a Mick Jagger-esque oversized dress shirt and even a flame print jacket. Conversely, Gucci went for slimmer silhouettes to suit the rakish, womanizer in Prince of Wales check and houndstooth – popular patterns at many shows including the avant-garde Comme des Garçons.

Peek-a-boo

If you're the type who likes to flash a bit of skin than the season's trend for transparent clothing might be for you. Giorgio Armani, Dolce & Gabbana and Maison Martin Margiela all teased with sheer and diaphanous knits. But of course, it was the Dolce & Gabbana duo that took it a step further with a nod to Sicilian fishing heritage. Sounds quaint but boy will it take some ballsy blokes to pull it off! The look: Mesh netting worn over sweaters.

Sporting Olympic chic

Olympic tickets may be hard to come by, but there's no shortage of sporty references in the collections. Calvin Klein looked to '80s athletic wear while Vivienne Westwood parodied the games with Olympic orb tees.

3

life

Men's pick

BRIGHT BELTS

Guys, loosen up – look-wise, that is. Put a little spring in your jeans-and-Tee combo by trying a colourful belt like this peppy style.

● RICHARD PECKETT

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KENYA HUNT

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two-tone cardigan, \$78, asos.com

3 HESTA

sandals, \$50, Topshop.com

4 ACNE

button down shirt, \$170, acnestudios.com

5 LIZZIE FORTUNATO FOR SUNO

bracelet, \$198, sunony.com

6 CAMBRIDGE SATCHEL COMPANY

\$180, cambridgesatchelcompany.com



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Fight blemishes naturally with the help of Kit Expert Celeste Lutrario, vice-president of research and development at Burt's Bees.

Are natural acne-fighting products any less harsh than standard formulas?

"The key ingredient in most anti-blemish prod-

ucts is synthetic salicylic acid, which is effective, but can dry out the skin," says Lutrario. Natural salicylic acid, a component of willow bark extract, is effective, too, but in a different way, she adds.

TRY Burt's Bees Natural Anti-Blemish Solutions Spot Treatment, \$15, burtsbees.ca



Suki Bio-Active Purifying Face Serum, \$75, sukinskin-care.com

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Far from a-Dior-able

Hoots and thunderous applause erupted from backstage, but the audience at the Dior show Monday greeted the storied label's fall-winter 2011-12 haute couture with a short-lived flurry of halfhearted claps.

The collection was the first in 15 years not under the label's disgraced former creative director, John Galiano — and it showed.

The collection simply lacked cohesion. With sections that channeled the fluorescent pop esthetic of



▶ Dior

the 1980s, a sort of 1970s Marrakech bohemian vibe, and shiny modernist architecture, the show felt like a

bunch of ideas thrown almost randomly together. It was like watching three shows in one — and not a particularly inspiring three shows, at that.

The nipped jackets and puffy skirts were embellished with the sort of amoeba-shaped appliques in eyepopping shades that were last seen on the costumes of 1987 teen pop sensation Tiffany and worn with oversized plastic cubes or spheres in guise of hats.

THE ASSOCIATED PRESS

Kate's royally fashionable tour

► Adorned for the second time in Quebec-based label Erdem, Middleton gives a stylish nod to the north

Canadian label Erdem scored a royal tour repeat as Kate opted to wear a second dress from the brand's Quebec-born designer while attending events in his home province.

The Duchess of Cambridge wore a vibrant blue lace Jacquenta dress from Erdem Moralioglu, accessorized with nude-coloured heels to kick off Day 4 of her first official visit abroad.

Kate was first spotted wearing the creation as she and Prince William took part in a prayer service onboard the HMCS Montreal docked in Quebec City on Sunday morning.

The form-fitting dress with sleeves hitting just above the elbow featured a slight slit at the right knee



► Kate Middleton visiting Quebec City.

ADRIAN WYLD/THE CANADIAN PRESS

dian Forces jet last Thursday in Ottawa in an elbow-length, dark-coloured Erdem dress.

She wore the dress to attend a wreath-laying ceremony with William at the National War Memorial in the heart of the city's downtown core, followed by a walkabout among the thousands of people lining the memorial square, as well as an official welcome ceremony at Rideau Hall.

A press representative for Erdem said Sunday the designer was unavailable for comment.

By mid-afternoon Sunday, Kate had switched to a slightly more casual look as she shook hands and met with well-wishers at a community event in Levis, Que.

Kate wore a creamy-coloured sleeveless Vanessa crepe dress by Joseph, with banding and ruching at the waist for the final Quebec appearance.

William was also in more relaxed attire in Levis, wearing his shirt unbuttoned at the collar with rolled-up sleeves and a belted pair of jeans, a contrast from his more formal suit and tie from earlier in the day. **THE CANADIAN PRESS**

A beauty in Birger

Kate opted for more formal attire for the Yellowknife leg of the royal tour, choosing to sport the look of a Danish label for the first time on her trip to Canada.

The Duchess of Cambridge wore a Bullet dress from By Malene Birger as she and Prince William did a walkabout Tuesday among the crowds clamouring to catch a glimpse of the royal newlyweds in the Northwest Territories capital.

The linen dress has slightly accentuated shoulders, three-quarter-length sleeves and a contrast waistband in olive green.

Kate remained in her



► Middleton in Yellowknife, Northwest Territories.

CHARLIE RIEDEL/AP PHOTO

"I love the tailored silhouette. It's extremely figure flattering but totally demure."

SHANNON JOHNSON,
WINNERS SPOKESWOMAN

for a session of youth Parliament, followed by a reception.

"I think the look is subtle and sophisticated," Winners spokeswoman Shannon Johnson said of Kate's latest dress in an email to The Canadian Press.

"I love the tailored silhouette. It's extremely figure-flattering but totally demure."

THE CANADIAN PRESS

Local labels

Canadian content:

Erdem hasn't been Kate's lone Canadian designer of choice. She was seen wearing a navy blazer from Toronto-based label Smythe as she boarded a jet last Thursday in London for the flight to Canada.

and floral lace overlay cascading on the upper part of the garment. The design is part of Erdem's pre-fall 2011 collection.

The Montreal-born, London-based Moralioglu created another similar lace-adorned Erdem frock worn by Kate on Day 1 of the Canadian tour.

Kate stepped off a Cana-

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Of grilled shrimp & spicy prawn summer dishes

BOTH PHOTOS: THE CANADIAN PRESS/H/O



► This dish will serve six.

Ingredients:

- 1 box (375 g) whole-grain spaghetti
- 50 ml (1/4 cup) lime juice
- 45 ml (3 tbsp) canola oil
- 10 ml (2 tsp) each finely

- grated lime zest and honey
- 3 cloves garlic, minced
- 500 g (1 lb) peeled, uncooked large shrimp
- 2 ripe mangoes, peeled, chopped and divided
- 2 red peppers, chopped
- 175 ml (3/4 cup) chopped

- red onion
- 2 jalapeno peppers, seeded and chopped
- 2 ml (1/2 tsp) each salt and pepper
- 250 ml (1 cup) coarsely chopped fresh coriander

► Fresh mango salsa and grilled shrimp skewers dress up spaghetti for the warm summer weather

This summery pasta dish infused with Latin American flavours is a delightful option to serve and it is easy on the budget.

The recipe is also packed with healthy antioxidant and nutrient-rich ingredients such as mango and red pepper.

If desired, replace shrimp with grilled skewers of boneless, skinless chicken breast.

Preparation:

- 1 Preheat grill to medium-high heat.
- 2 In a small bowl, whisk lime juice with oil, lime zest, honey and garlic. In a separate bowl, toss shrimp with 30 ml (2 tbsp) of the dressing. Let stand for 10 minutes. Thread shrimp onto 6 large wooden skewers that have been soaked

in water to minimize flare ups.

- 3 Meanwhile, place remaining dressing mix and one mango in the bowl of a food processor fitted with a metal blade. Pulse until finely chopped. Add remaining mango, red peppers, onion, jalapeños, salt and pepper; pulse until coarsely chopped.

- 4 Prepare spaghetti according to package directions; drain well. Grill shrimp skewers for 3 minutes per side or until pink all over. Toss hot spaghetti with mango salsa mix and coriander. Garnish each portion with a shrimp skewer.

THE CANADIAN PRESS/
CATELLI HEALTHY HARVEST

► Delight summer party guests with these spicy prawn appetizers, which are gluten free

This appetizer will whet your guests' appetites during entertainment occasions.

The avocado is a cool complement to the spicy prawns and the crunchiness

texture of the crackers.

Preparation:

- 1 In a sauté pan over medium-high heat, add olive oil and prawns. Cook for 4 minutes per side until shrimp turn orange-red and opaque.

Add chili garlic paste and stir to coat, continuing to cook for 30 seconds. Remove from heat and set aside.

- 2 In bowl, combine cilantro, avocados, green onion, lemon

juice and zest. Top each cracker with avocado spread and 1 prawn. Garnish with cilantro leaf. Serve right away.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO (MISSAVO-CADO.COM)

Ingredients:

- 15 ml (1 tbsp) olive oil
- 20 large prawns, shelled
- 15 ml (1 tbsp) garlic chili paste
- 50 ml (1/4 cup) cilantro
- 2 avocados, finely diced
- 1 green onion, sliced
- 1 lemon (juice and zest)
- 20 sesame crackers
- 20 cilantro leaves

Kitchen talk with Canada's Top Chef



Dale MacKay, the official winner of Top Chef Canada and owner of Vancouver's modern French restaurant Ensemble (and protégé of chef Gordon Ramsay), chops it up with Metro.

What's the one ingredient you must have in your kitchen at all times?

Spices are probably one of the most important ingredients that I use. I have a love for them all, but kaffir lime is something that I use a lot of.

What food do you feel is the most underrated?

Brussel sprouts. Often people just boil them and it's just not very tasty. But when you roast and cook them with bacon and other things, they're one of the most delicious veggies.

What is your guilty pleasure or comfort food?

Barbecue. All types of barbecue — pulled pork, ribs, flank, you know.

What's been your biggest kitchen disaster?

My most recent kitchen disaster was when my hot water tank burst in my restaurant. We had to shut down for 10 days.

What's the worst meal you ever made?

I cooked for my ex-girlfriend's family in Poland and it wasn't very nice. I tried to make an eggplant purée with white fish and some Polish potatoes and stuff. It just didn't go over well.

If you could go toe-to-toe with a chef, who would it be?

I'd like to go toe-to-toe with any chef. But I'd say Gordon Ramsay. I worked for him so it'd be hilarious to try to beat the master.

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There used to be a time when families would proudly display framed vacation, school and family photos as part of their decor. Nowadays, all my photos are locked away in my computer and although easily emailed to friends and family, very rarely do I have any cool photos on display in my house.

New printing options will let you turn a simple photo into some fantastic

artwork for the home.

Resizing your photos

Try cropping your favourite photo into a small 4" by 4" square and surround it with a very large white matte, then frame with a modern black wood frame.

This makes a simple image instantly look more modern. You can also turn coloured photos into black and white images — a great way to give a collage of framed photos some consistency.

Making poster-sized art

To make a small space feel bigger simply add large art or mirrors. This creates a big impact while taking up no precious floor space!

My favourite poster art is children's fridge art. Scan a brightly coloured painted handprint page and have it enlarged into poster-sized paper.

A simple frame (try Ikea) will help to give your new poster sized art a professionally-finished look.

One large poster of homemade art can look special whereas more than one looks a bit common.

Printing on canvas

The texture of the canvas and the thick edges of the stretcher frame will give an artful look to the simplest of pictures.

Using photophore, consider modifying your photo to make it a bit more artful. The antiquing, colour contrasting and

Frame matters

Create a real designer by framing modern-style art pieces with traditional frames.

► One of my favourite art pieces is a black and white photo of a single flower and it is framed in a super-fancy carved frame that has been spray painted in electric blue colour.



► Frame the results on your two minutes in a photo booth.

black/white imaging are my favourites.

When re-printed on canvas they will really look like artwork rather than just a photo.

Printing on metal

Consider reprinting your digital photo on a sheet of

stainless steel.

The sheen of the stainless steel appears beneath the artwork to help give a very contemporary and reflective quality to your artwork.

A lovely landscape shot, digitalized in black/white or sepia tone will take on a mysterious look when

printed on metal.

Laser printing

Laser printing allows you to enlarge or reduce your image for big or small impact. Why not reproduce Grannie's portrait in black and white, then re-paint on brightly coloured makeup for a Warhol-ish look.



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URBANE
BY COTTSWOOD INTERIORS

Keeping cool in summer

► Don't underestimate a ceiling fan when it comes to surviving the dog days of July and August

DIY IDEAS

It may feel nice to keep the AC on full blast from now until September, but when you do that, you're running your energy costs sky-high and not doing Mother Nature any favours.

We spoke with Taniya Nayak, host of HGTV's House Hunters on Vacation, who offered some better tips for beating the summer heat.

Paint zen colours

"The light, more powdery pastel colours are very cooling and soothing. You could even go tan as long as it's like a grayish-taupy tan."

Pick the right shades

"If you're going to do window treatments, you could just add white window shades. They're white so they'll reflect the light off. Cellular shades or honeycomb shades are awesome too because they almost trap the heat in the cellular compartments of the shade. They're a little more

expensive, but I think if you're living in a house for a long time it would be a good investment to make."

Replace your rugs

"If you have a heavy carpet, a really inexpensive solution is to pick up one of those natural fibre jute rugs. They're almost very nautical in a sense so it gives you that sense of coolness. It makes you feel like you're on the beach."

Switch out your light bulbs

"Most people have incandescent bulbs but they burn



► Fall asleep under a gentle breeze on a hot summer's night.

a lot of energy, so you could swap them out for a more energy-efficient fluorescent bulb."

Work with nature

"If you plant trees on the south or west sides of your house, it'll keep it cooler in the summer but it'll actually keep it warmer in the winters because the sun sets and rises on the oppo-

site side in the winter."

Stay away during mid-day

"Sometimes it's a better idea to shower in the morning or at night and not in middle of the day; same thing with doing dishes, washing and drying your clothes, cooking — all that stuff can help reduce heat in the house. You're just trying to avoid that midday

heat — that's when it's the worst."

Think long-term

"If you're going to live there for awhile it might be worth [adding] insulation to your attic. You could go up to like 12 inches of insulation and it'll dramatically reduce the heat that's in your house."

● MONICA WEYMOUTH

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With summer finally here — I want to let the sunshine in! What's the best way to clean filthy windows outside?
Betty, Edmonton

Dear Betty:

First, you should remove

any excess dirt and grime from the windows.

Do this with a watering hose or a pail filled with lots of fresh clean water and a capful of dish soap.

Once you have removed the surface dirt you are ready to clean the windows to a streak-free shine.

Here are several options to consider:

1. A good commercial cleaner (with ammonia) and newspaper does a wonderful job.

2. A solution of 50 per cent water and 50 per cent vinegar is great.

Spray this onto the window and then use either newspaper or a microfiber cloth to wipe the window dry, thus avoiding streaks.

3. A pail full of warm, clean water with a capful of dish soap will also do the job. Use a sponge to wash the window and then use a squeegee to leave the glass

crystal clean.

Question:
My husband managed to stain his best shorts with pen ink. How do I get out the stain?

Laura, Victoria

Hello Laura:

Good news — this is a

relatively easy stain to remove. Pour a few capfuls of pure rubbing alcohol into a little dish.

Now, dip a clean cotton swab into the alcohol and slowly and gently rub it onto the ink stain.

As the cotton swab starts to absorb the ink, change it for a clean one. Remember:

be patient.

Non-removable ink stains will not come out, and please do test the fabric with the alcohol in a hidden area before you start working on the stain.

HAVE AN ETIQUETTE OR HOUSEKEEPING QUESTION? EMAIL ASKCHARLES-THEBUTLER@METRONEWS.CA



► You can still do spring cleaning in the summer.

Canine. Comfort line



JACQUES BRINON/THE ASSOCIATED PRESS

Puppy love to the max

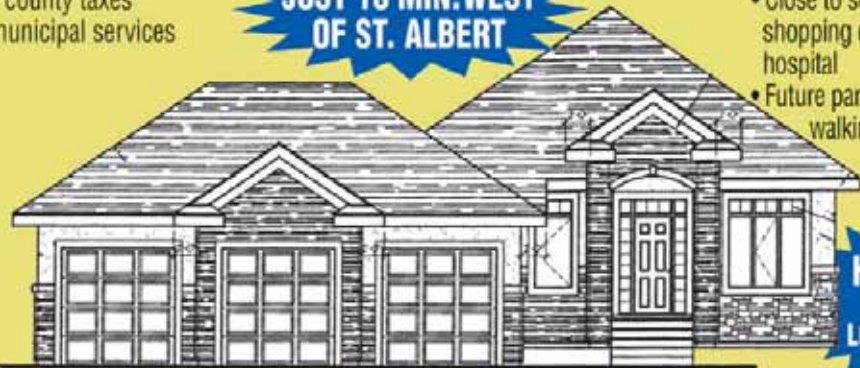
Puppy de Paris, a new French fashion label, is serving up luxury doggy digs steeped in Paris chic. Vasco, an American cocker spaniel, poses in a velvet bed painted with scenes from Parisian bakeries and fitted with lion's paw feet in hand-cast silver.

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HURRY! ONLY 18 LOTS LEFT!

- 1/2 acre estate lots
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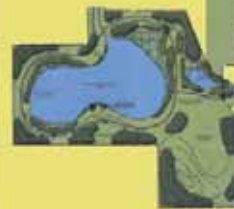
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4
sports

Quoted



"If I say I want to do it at home now, what's that saying? I don't want to get a hit every time up?"

DEREK JETER YESTERDAY, ON

THE POSSIBILITY OF REACHING 3,000 HITS AT HOME.

THE NEW YORK SHORTSTOP HAD A DOUBLE IN THE YANKEES' 5-3 LOSS TO THE INDIANS LAST NIGHT, LEAVING HIM WITH 2,997 HITS HEADING INTO TONIGHT'S GAME AGAINST TAMPA BAY AT YANKEE STADIUM.



Scan code for more sports.

Tour de France. Fifth stage



► A farmer watches the packs pass by near Plougonver during the fifth stage of the Tour de France cycling race yesterday.

THE ASSOCIATED PRESS

Cavendish avoids pileups on his way to stage victory in France

British speedster Mark Cavendish won a windy and crash-marred fifth stage of the Tour de France in a mass sprint yesterday, but Thor Hushovd of Norway kept the leader's yellow jersey.

Defending champion Alberto Contador fell in one crash, and RadioShack rider Janez Brajkovic quit the race with a broken collarbone after getting in another during the 164.5-kilometre trek from Carhaix to Cap Frehel on the English Channel. Cavendish, one of the world's best sprinters, collected his 16th career Tour stage victory and his first this year.

Clemens perjury trial opens

► Judge raps U.S. Congress for withholding an audiotape of former pitcher's deposition

Roger Clemens' perjury trial opened yesterday with both sides raising the prospect of calling a roster of former baseball stars as witnesses and the judge angrily criticizing Congress for withholding an audiotape of Clemens' deposition at the heart of the case.

Clemens is accused of

lying under oath to the House Government Reform Committee in 2008 when he denied ever using performance-enhancing drugs during his record-setting career as a major league pitcher. The trial began with an intensive jury selection process expected to last into next week.

Prosecutors and the defence read the panel a list of people who may be called as witnesses or mentioned at the trial that included some of the biggest names in baseball, including those who have been at the centre of the steroid scandal such as Mark McGwire, Barry Bonds, Sammy Sosa, Rafael Palmeiro and

Jose Canseco.

The list also included baseball commissioner Bud Selig, New York Yankees general manager Brian Cashman, former Yankees manager Joe Torre, former players union director Donald Fehr, and several other officials and teammates from the four major

league teams Clemens played for.

Jurors were asked about their knowledge of those figures as well as their feelings about the case, baseball, Congress and the law. They were asked whether they played organized sports, read sports news or were baseball fans.

THE ASSOCIATED PRESS

Oft-injured Hargreaves turns to YouTube to lure potential suitors

MICHAEL REGAN/GETTY IMAGES



► Owen Hargreaves with Manchester United in April 2010.

Injury-plagued England midfielder Owen Hargreaves is trying to persuade clubs to offer him a contract with YouTube videos showing him working out.

The 30-year-old Calgary-born Hargreaves was released by Manchester United at the end of the season after playing just five matches in three years because of knee problems.

Hamstring and shoulder injuries hampered his comeback last season, limiting him to a five-minute appearance in November.

A series of clips show Hargreaves moving and running freely.

English papers have speculated MLS teams in Toronto and Vancouver may be interested.

THE ASSOCIATED PRESS

CFL

Sources say Als padded attendance statistics

The Montreal Alouettes have declined to comment on a report they exaggerated attendance at games to help get governments to pay for the expansion of Percival Molson Stadium. Montreal newspaper

La Presse, quoting two unnamed team sources, reported yesterday that many games in recent seasons that were announced as sellouts were not full houses.

The report said anything less than a sell-out could have hurt the bid for the \$29-million expansion completed last year. The Quebec government put in \$19.3 million, the City of Montreal \$4 million and team owner Robert Wetenhall paid for the rest of the project. THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION									
	W	L	Pct	GB					
New York	51	34	.600	—					
Boston	51	35	.593	1/2					
Tampa Bay	48	39	.552	4					
Toronto	42	46	.477	10 1/2					
Baltimore	36	48	.429	14 1/2					
CENTRAL DIVISION									
	W	L	Pct	GB					
Cleveland	46	39	.541	—					
Detroit	46	42	.523	1 1/2					
Chicago	43	45	.489	4 1/2					
Minnesota	38	47	.447	8					
Kansas City	36	51	.414	11					
WEST DIVISION									
	W	L	Pct	GB					
Texas	47	41	.534	—					
Los Angeles	46	42	.523	1					
Seattle	43	44	.494	3 1/2					
Oakland	39	49	.443	8					

Yesterday's results

Boston 6 Toronto 4
Cleveland 5 N.Y. Yankees 3
Detroit 5 L.A. Angels 4
Kansas City 4 Chicago White Sox 1
Oakland 2 Seattle 0
Tampa Bay 12 Minnesota 5
Texas 13 Baltimore 5

Tuesday's results

Boston 3 Toronto 2
Kansas City 5 Chicago White Sox 3
L.A. Angels 1 Detroit 0
Minnesota 3 Tampa Bay 2
N.Y. Yankees 9 Cleveland 2
Seattle 4 Oakland 2 (10 innings)

Tonight's games

All Times Eastern

Toronto (C.Villanueva 5-1) at Cleveland (McAllister 0-0), 7:05 p.m.
Tampa Bay (Niemann 3-4) at N.Y. Yankees (Colon 6-3), 7:05 p.m.
Baltimore (Arrieta 9-5) at Boston (A.Miller 2-0), 7:10 p.m.
Oakland (Harden 1-0) at Texas (D.Holland 6-4), 8:05 p.m.
Detroit (Scherzer 9-4) at Kansas City (Duffy 1-3), 8:10 p.m.
Minnesota (Pavano 5-6) at Chicago White Sox (Humber 8-4), 8:10 p.m.
Seattle (Fister 3-9) at L.A. Angels (Weaver 10-4), 10:05 p.m.

CFL

EAST DIVISION								
	GP	W	L	T	PF	PA	Pt	
Montreal	1	1	0	0	30	26	2	
Winnipeg	1	1	0	0	24	16	2	
Toronto	1	1	0	0	23	21	2	
Hamilton	1	0	1	0	16	24	0	
WEST DIVISION								
	GP	W	L	T	PF	PA	Pt	
Edmonton	1	1	0	0	42	28	2	
Saskatchewan	1	0	1	0	28	42	0	
B.C.	1	0	1	0	26	30	0	
Calgary	1	0	1	0	21	23	0	

WEEK TWO

All Times Eastern

Tomorrow's games

Toronto at Winnipeg, 7:30 p.m.

Calgary at B.C., 10:30 p.m.

Saturday's games

Montreal at Saskatchewan, 4 p.m.

Hamilton at Edmonton, 7 p.m.

NATIONAL LEAGUE

EAST DIVISION									
	W	L	Pct	GB					
Philadelphia	55	32	.632	—					
Atlanta	52	36	.591	3 1/2					
New York	44	42	.512	10 1/2					
Washington	45	43	.511	10 1/2					
Florida	38	48	.442	16 1/2					
CENTRAL DIVISION									
	W	L	Pct	GB					
St. Louis	47	40	.540	—					
Milwaukee	46	42	.523	1 1/2					
Pittsburgh	45	42	.517	2					
Cincinnati	43	44	.494	4					
Chicago	35	53	.398	12 1/2					
Houston	30	58	.341	17 1/2					
WEST DIVISION									
	W	L	Pct	GB					
San Francisco	48	39	.552	—					
Arizona	47	41	.534	1 1/2					
Colorado	41	46	.471	7					
San Diego	40	47	.460	8					
Los Angeles	37	50	.425	11					

Yesterday's results

Atlanta 9 Colorado 1
Florida 7 Philadelphia 6 (10 innings)
Houston 8 Pittsburgh 2
Milwaukee 3 Arizona 1
Washington 5 Chicago Cubs 4
Cincinnati at St. Louis
N.Y. Mets at L.A. Dodgers
San Diego at San Francisco
Tuesday's results

Arizona 7 Milwaukee 3

Atlanta 5 Colorado 3

N.Y. Mets 6 L.A. Dodgers 0

Philadelphia 14 Florida 2

Pittsburgh 5 Houston 1

San Diego 5 San Francisco 3

St. Louis 8 Cincinnati 1

Washington 3 Chicago Cubs 2

Today's games

All Times Eastern

Colorado (Nicasio 3-1) at Atlanta (T.Hudson 7-6), 1:05 p.m.
Chicago Cubs (Garza 4-7) at Washington (L.Hernandez 5-8), 7:05 p.m.
Houston (Happ 3-10) at Florida (Hand 0-3), 7:10 p.m.
Cincinnati (H.Bailey 3-3) at Milwaukee (Navarone 5-5), 8:10 p.m.
Arizona (J.Saunders 5-7) at St. Louis (McClellan 6-5), 8:15 p.m.
N.Y. Mets (Gee 8-2) at L.A. Dodgers (Kershaw 8-4), 10:10 p.m.
San Diego (Luebke 2-2) at San Francisco (Zito 2-1), 10:15 p.m.

PLAYERS OF THE WEEK

WEEK ONE

Offense — Jamel Richardson, SB, Montreal

Alouettes

Defense — Alex Suber, DB, Winnipeg Blue Bombers

Special Teams

— Tim Brown, KR/P, B.C. Lions

Canadian — Ian Logan, S, Winnipeg Blue Bombers

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Duval, Edm	0	5	2	1	12
Whyte, Mtl	0	3	3	0	12
Richardson, Mtl	2	0	0	0	12
Prefontaine, Tor	0	2	3	0	11
Medlock, Ham	0	1	3	0	10
Johnson, Sask	0	3	2	1	10
Palardy, Wpg	0	2	2	1	9

RED SOX 6, BLUE JAYS 4

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
YEscor ss	5	2	4	1	Elisbury cf	5	1	3	3
ETHms lf	4	0	0	0	Scutaro ss	2	0	0	0
Bautist 3b	3	0	2	2	Pedroia 2b	4	0	1	0
Lind 1b	4	0	1	1	D.Ortiz dh	3	0	0	0
Encrnc dh	4	0	0	0	Youkilis 1b	4	1	3	1
A.Hill 2b	4	0	0	0	J.Drew rf	3	1	1	0
Snider rf	4	0	2	0	DMcDn lf	2	1	1	1
Arencil c	3	0	0	0	Reddck ph lf	2	0	0	0
McCoyp r	0	1	0	0	Silimch c	4	1	1	0
RDavis cf	3	1	1	0	YNavrr 3b	4	1	1	1
CPttrsn ph	1	0	0	0					

Toronto 102 000 001 —4
Boston 110 400 00x —6

DP—Toronto 2. LOB—Toronto 7, Boston 7. 2B—

Y.Escobar (13), Snider (8), Ellsbury 2 (25).

Youkilis 2 (23), J.Drew (5), Y.Navarro (1). HR—

Ellsbury (10), Youkilis (12). SB—Ellsbury (28).

CS—Snider (2). SF—Bautista.

Toronto	IP	H	R	ER	BB	SO
R.Romero L,7-8	41-3	9	6	6	3	2
Camp	12-3	1	0	0	0	1
Rauch	1-3	1	0	0	1	0
L.Perez	2-3	0	0	0	0	1
Detel	1	0	0	0	0	0

Boston	IP	H	R	ER	BB	SO
Wakefield W,5-3	7	9	3	3	1	7
D.Bard H,19	2-3	0	0	0	0	1
Wheeler H,3	1-3	0	0	0	0	1
Papelbon S,19-20	1	1	1	1	0	3

HBP—by Papelbon (Arencibia). PB—Saltalamachia 3.

Umpires—Home, Tim McClelland; First, Bob

Davidson; Second, Jerry Layne; Third, Brian

Knight. T—2:39 (Rain delay: 0:40).

A—37,404 (37,493) at Boston.

GOLF

THIS WEEK

PGA JOHN DEERE CLASSIC

Site: Silvis, Ill.

Schedule: Today-Sunday.

Course: TPC Deere Run (7,268 yards, par 71).

Purse: US\$4.5 million. Winner's share: \$810,000.

Online: <http://www.pgatour.com>

U.S. WOMEN'S OPEN

Site: Colorado Springs, Colo.

Schedule: Today-Sunday.

Course: The Broadmoor, East Course (7,047 yards, par 71).

Purse: TBA (US\$3.25 million in 2010). Winner's share: TBA (\$585,000 in 2010).

Online: <http://www.usga.org>

LPGA Tour site: <http://www.lpga.com>

CHAMPIONS FIRST TEE OPEN

Site: Pebble Beach, Calif.

Schedule: Tomorrow-Sunday.

Courses: Pebble Beach Golf Links (6,837 yards, par 72) and Del Monte Golf Course (6,357 yards, par 72).

Purse: \$1.6 million. Winner's share: \$240,000.

EUROPEAN PGA SCOTTISH OPEN

Site: Inverness, Scotland.

Schedule: Today-Sunday.

Course: Castle Stuart Links (7,050 yards, par 72).

Purse: US\$4.8 million. Winner's share: \$803,695.

TENNIS

ATP CAMPBELL'S HALL OF FAME CHAMPIONSHIPS

At Newport, R.I.

Singles — Second Round

John Isner (1), U.S., def. Arnaud Clement, France, 7-6 (6), 6-4.
Denis Kudla, U.S., def. Grigor Dimitrov (2), Bulgaria, 6-1, 6-4.
Alex Bogomolov, Jr. (5), U.S., def. Ruben Bemelmans, Belgium, 2-6, 6-0, 6-1.
Olivier Rochus (6), Belgium, def. Nicolas Mahut, France, 6-4, 7-6 (3).
Tobias Kamke (8), Germany, def. Donald Young, U.S., 7-6 (3), 6-4.

Doubles — First Round

Johan Brunstrom, Sweden, and Adil Shamasdin, Pickering, Ont., def. Matthias Bachinger and Michael Kohlmann, Germany, 6-4, 6-1.

WTA SWEDISH OPEN

At Bastad, Sweden

Singles — Second Round

Sofia Arvidsson, Sweden, def. Caroline Wozniacki (1), Denmark, 2-6, 1-0 (retired).
Flavia Pennetta (2), Italy, def. Angelique Kerber, Germany, 6-2, 6-3.
Lourdes Dominguez Lino (4), Spain, def. Arantxa Parra Santonja, Spain, 7-5, 6-1.
Johanna Larsson, Sweden, def. Vera Dushevina (5), Russia, 6-7 (4), 6-2, 6-2.
Barbora Zahlavova Strycova (7), Czech Republic, def. Anastasiya Yakimova, Belarus, 7-5, 4-6, 6-3.
Polona Herczeg (8), Slovenia, def. Aravane Rezaei, France, 3-6, 6-4, 7-6 (4).

WTA BUDAPEST GRAND PRIX

At Budapest, Hungary

Singles — Second Round

Klara Zakopalova (3), Czech Republic, def. Aleksandra Krunic, Serbia, 7-5, 7-5.
Anabel Medina Garrigues (5), Spain, def. Lesia Tsurenko, Ukraine, 6-2, 7-5.
Irina-Camelia Begu (7), Romania, def. Ajla Tomljanovic, Croatia, 6-4, 6-4.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON RED SOX — Placed LHP Jon Lester on the 15-day DL. Recalled RHP Scott Atchison from Pawtucket (IL).

CLEVELAND INDIANS — Activated 1B Matt LaPorta from the 15-day DL. Optioned RHP Josh Judy to Columbus (IL).

N.Y. YANKEES — Activated RHP Phil Hughes from the 60-day DL. Released RHP Kanekoa Texeira from Scranton/Wilkes-Barre (IL).

NHL

CALGARY FLAMES — Signed G Leland Irving to a one-year contract.

COLUMBUS BLUE JACKETS — Signed D Radek Martinek to a one-year contract.

MINNESOTA WILD — Signed LW Colton Gillies to a two-year contract.

OTTAWA SENATORS — Re-signed F Erik Condra to a two-year contract.

PHOENIX COYOTES — Signed D Nathan Ostryck, D Dean Arsene and F Matt Watkins to one-year contracts.

ST. LOUIS BLUES — Signed F Jason Amott and F Jamie Langenbrunner to one-year contracts.

SAN JOSE SHARKS — Re-signed G Thomas Greiss to a two-year contract.

TAMPA BAY LIGHTNING — Signed C Tom Pyatt to a one-year contract.

WASHINGTON CAPITALS — Signed RW Troy Brouwer to a two-year contract.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	19	6	3	10	34	23	28
Philadelphia	17	7	4	6	21	16	27
Columbus	18	7	5	6	21	19	27
Kansas City	17	5	6	6	22	23	21
Houston	18	4	6	8	21	22	20
D.C. United	16	4	5	7	23	29	19
Chicago	18	2	4	12	19	22	18
Toronto	20	3	8	9	17	34	18
New England	18	3	8	7	16	24	16

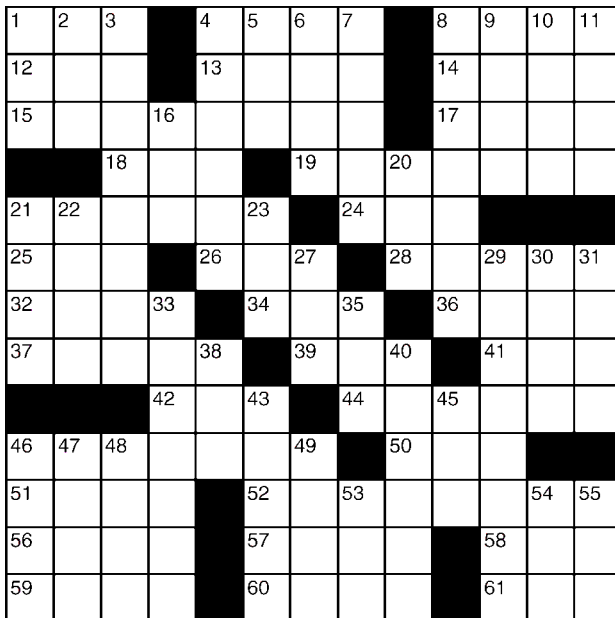
WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	20	9	2	9	25	15	36
Dallas	18	10	4	4	26	17	34
Seattle	20	8	4	8	25	18	32
Real Salt Lake	16	7	3	6	21	12	27
Colorado	19	5	5	9	20	22	24
San Jose	16	5	5	6	22	19	21
Portland	16	5	8	3	19	28	18
Chivas USA	17	4	7	6	21	22	18
Vancouver	19	2	9	8	18	26	14

Crossword

Across

1 Feds' org.
4 Cheese in a mouse-trap
8 — mater
12 Romaine
13 Loosen
14 Shakespeare's king
15 Kitchen strainer
17 Movie pal of Stitch
18 Charlie Brown : "Good grief" :: Cathy : —
19 Defendant
21 Cold spell
24 Scuttle
25 Conclude
26 Carpet
28 Crystal-lined rock
32 — out (supplemented)
34 Do lawn work
36 Phony coin
37 Heat-resistant glass
39 Father
41 Ike's command
42 Round Table address
44 Settles a debt
46 Genus sub-group
50 Chignon
51 Broad
52 Waste
56 Related
57 Rock band's gear
58 Comic Philips
59 Require
60 Sommelier's suggestion
61 Massage
Down
1 Radio watchdog
grp.



2 Greet the villain
3 Crusoe, e.g.
4 Sand trap
5 Moreover
6 Concept
7 Liberty's prop
8 Refers (to)
9 Luau wreaths
10 Guy
11 Yankee nickname
16 Performance
20 Gear tooth
21 Cry
22 Black
23 Pirates' potato
27 Deity

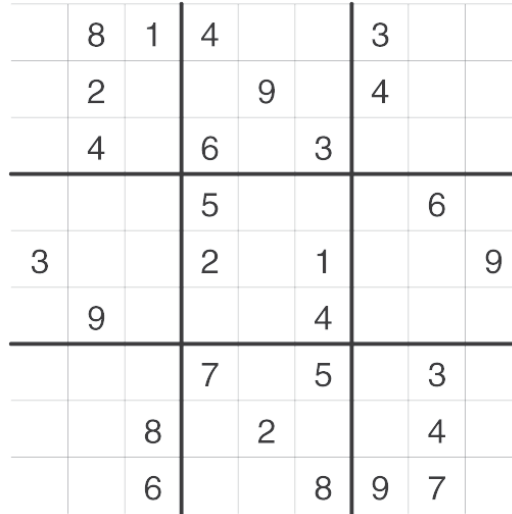
29 Ornamental dog-bane
30 Responsibility
31 Hollywood clasher
33 Drop
35 Sherman called it "hell"
38 Noon, in a way
40 Adulterate
43 Cut smaller boards
45 Piece of wordplay
46 Graceful bird
47 Toll road, for short
48 Adams or Falco
49 640 acres (Abbr.)

53 Bygone TV channel
54 Flightless bird
55 Plagiarize

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	2	3	5	9	8	6	7	4
6	7	5	4	1	3	2	9	8
8	9	4	2	7	6	3	5	1
5	3	1	7	6	4	9	8	2
9	6	7	1	8	2	4	3	5
2	4	8	3	5	9	7	1	6
4	5	2	8	3	7	1	6	9
3	8	9	6	4	1	5	2	7
7	1	6	9	2	5	8	4	3

A look at the weather

TODAY Min 13° Max 26°
FRIDAY Min 15° Max 19°
SATURDAY Min 9° Max 17°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20

No matter what others may want you to do, don't force it if you are not in the mood for socializing.

♉ Taurus April 21-May 21 Something will inspire or upset you to such an extent that you have to do something about it. Tread carefully.

♊ Gemini May 22-June 21 If others react with shock and surprise at what you do today, they only have themselves to blame.

♋ Cancer June 22-July 22 Make allowances for those who can't get themselves out of a rut.

♌ Leo July 23-Aug. 23

Why are you comparing yourself to people who are on a higher rung of the ladder? You've come a long way.

♍ Virgo Aug. 24-Sept. 22 Can you be sure that what others are telling you is the truth? Make sure you do your own research.

♎ Libra Sept. 23-Oct. 23 Today's Jupiter-Pluto link will encourage you to be pushy in your ambitions.

♏ Scorpio Oct. 24-Nov. 22

Don't take what happens today too seriously. In the greater scheme of things, it's of little importance.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

What happens today will remind you that fear is a negative emotion and serves no useful purpose.

♑ Capricorn Dec. 22-Jan. 20 What happens today will delight you. Don't fight the future.

♒ Aquarius Jan. 21-Feb. 18

Remind yourself what your number one goal is — then get back on the path that will take you to it.

♓ Pisces Feb. 19-March 20.

Someone's been keeping things from you but you haven't been betrayed. SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Sunday 11-7

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